

## NASA - Physical Activity Status Scale

Pick the number which best describes your physical activity level for the previous month:

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| <b>Sedentary to light exercise:</b>  |
| 0. Avoid walking or exertion, e.g., always use elevator, drive whenever possible instead of walking.   |
| 1. Walk for pleasure, routinely use stairs, or occasionally exercise sufficiently to cause heavy breathing or perspiration.                        |
| <b>Recreational activity, e.g., golf, bowling, yard work:</b>  |
| 2. 10 to 60 minutes per week.  |
| 3. Over one hour per week.   |
| <b>Heavy aerobic exercise, e.g., running or brisk walking or <i>comparable activity</i>, e.g., basketball, tennis, racquetball, aerobic dance:</b> |
| 4. Run about 1 mile per week or walk about 1.3 miles per week or spend about 30 minutes per week in <b><i>comparable physical activity.</i></b>    |
| 5. Run 1 to 5 miles per week or walk 1.3 to 6 miles per week or spend 30 to 60 minutes per week in <b><i>comparable physical activity.</i></b>     |
| 6. Run 6 to 10 miles per week or walk 7 to 13 miles per week or spend in 1 to 3 hours per week in <b><i>comparable physical activity.</i></b>      |
| 7. Run 11 to 15 miles per week or walk 14 to 20 miles per week or spend 4 to 6 hours per week in <b><i>comparable physical activity.</i></b>       |
| 8. Run 16 to 20 miles per week or walk 21 to 26 miles per week or spend 6 to 8 hours per week in <b><i>comparable physical activity.</i></b>       |
| 9. Run 21 to 25 miles per week or walk 27 to 33 miles per week or spend 9 to 11 hours per week in <b><i>comparable physical activity.</i></b>      |
| 10. Run over 25 miles per week or walk over 34 miles per week or spend over 12 hours per week in <b><i>comparable physical activity.</i></b>       |